

## ASSOCIATION OF THE POSTTEST PRACTICE SCORE WITH SELECTED SOCIO DEMOGRAPHIC VARIABLES TOWARDS PATIENTS WITH DIABETES MELLITUS IN VELLORE DISTRICT, TAMILNADU.

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### ABSTRACT

*Diabetes is fast gaining the status of a potential epidemic in India with more than 62 million diabetic individuals currently diagnosed with the disease. In 2014, India (31.7 million) topped the world with the highest number of people with diabetes mellitus followed by China (20.8million) with the United States (17.7 million) in second and third place respectively. According to wild et al the prevalence of diabetes is predicted to double globally from 171 million to 366 million in 2030 with maximum increase in India. It is predicted that by 2030 diabetes mellitus may afflict up to 79.4 million individuals in India, while China (42.3 million) and the United States (30.3 million) will also see significant increase in those affected by the disease.*

### Setting and Design

*Quantitative research approach was used. A quasi-experimental two group pre-test and post-test was designed. The study was conducted on clients with type 2 diabetes mellitus. The study population of interest in the research was all type 2 DM patients in Vellore district, Tamilnadu. This study was conducted over a period of 2 months, with control and the experimental group run simultaneously. One hundred samples in the experimental group and One hundred samples in control group were systematically assigned. This study was conducted over a period of 2 months, with control and the experimental group run simultaneously. One hundred samples in the experimental group and One hundred samples in control group were systematically assigned.*

### Results

*Association on levels of practices among the experimental group shows that there was no significant association found between post-test levels of expressed practices score of patients with type 2 DM and selected demographic variables in type of food habits whereas there was association found with age in years, gender, type of family, occupation, family income, information obtained about mellitus and type of diabetes mellitus. Association of control group significant association found among age in years and occupation, No association found among type of gender, type of family, family income, information obtained about diabetes mellitus and type of diabetes mellitus.*

### Keywords:

*Diabetes, epidemic, mellitus, globally*

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## INTRODUCTION

Diabetes mellitus, or just diabetes, is a gathering of diseases described by high blood glucose levels that outcome from surrenders in the body's capacity to deliver or potentially use insulin. The main goal of the National Diabetes Prevention and Control Programme (NDPCP) is to reduce the burden of disease and to increase the awareness and knowledge on diabetes (Rivellese 2011). Depression is related with hyperglycaemia and an expanded risk for diabetic complications; alleviation of depression is related with improved glycaemic control. Depression has additionally been related with an expanded risk for complications of diabetes, especially cardiovascular

Sickness and retinopathy (Jacobson et al 1985). Roughly 93 to 95% of Indian diabetes experiences type 2 diabetes because of factors like inactive lifestyle, exceptionally refined caloric admission, stressful metropolitan life, smoking, hypertension and stoutness (King, 2012). In the most broad terms, quality of life might be considered a multi-layered develop consolidating a person's abstract view of physical, enthusiastic, and social prosperity, including both a mental part (fulfillment) and a passionate part (satisfaction) (Richard 2000). The investigation discovered that HbA1c is contrarily corresponded with physical activities for the two genders ( $p < 0.001$ ), while just male patients had essentially lower portion of insulin ( $p < 0.01$ ). The point of instructive mediation is to oversee hypoglycaemia and hypoglycaemia, keep up with typical blood glucose level diminish the complications, gain expertise in self-administration or work on personal satisfaction (Robert Couch. M. S, 2013). The methodical review suggests that there are positive impact on practice and long haul glycemic control in diabetes (Lopes Souto. D, 2010). NEJM 2002) Sahay (2013) directed a review he says that the really contributing factors to the circumstance in Asia are quick populace development, urbanization, changes in lifestyle and maturing of the populace.

## REVIEW OF LITERATURE

As per WHO, 2009 reports, in India it was assessed that 31.7 million people were impacted with diabetes in 2000 and it is liable to grow up to 57.2 million continuously 2025. Rate of diabetes have expanded particularly throughout the last 50 years, starting at 2010 there are roughly 285 million individuals with the illness contrasted with around 30 million out of 1985. Diabetes is a commonly an ongoing sickness related with a long term more limited future this is because of various complications with which it is related, including two to multiple times the risk of cardio vascular illness including ischemic coronary illness and stroke. A 20-overlap expansion in lower appendage removals, and increment pace of hospitalization. In the created world and progressively somewhere else, diabetes is the biggest cause of nontraumatic visual impairment and kidney disappointment (Pradeepa, 2012).

Lasorella .et.al (2012) directed a review to assess the drawn out achievability of a high fiber diet made only out of regular food stuffs and the adequacy of this diet in controlling blood glucose and frequency of hypoglycemic episodes in diabetic clients. The review inferred that a high fiber diet is practical in the drawn out when contrasted and fiber diet improves glycemic control and diminishes the quantity of hypoglycemic occasions in diabetic patients.

## TITLE OF THE STUDY

Association of post test Practice score with selected Socio Demographic variables

## OBJECTIVES

1. To determine the association between the posttest levels of practices towards patients with diabetes mellitus and selected demographic variables among experimental and control group.

## METHODOLOGY

Quantitative research approach was used to determine the effectiveness of health promotion program on levels of knowledge and practices regarding lifestyle modifications among patients with type II diabetes mellitus. A quasi-experimental two group pre-test and post-test design was adopted. The study was conducted on patients with type 2 diabetes mellitus the study population of interest in the research was all type 2 DM patients in Vellore district, Tamilnadu. One hundred samples each in the experimental group and control group who met inclusion the criteria were taken as samples by using Non probability purposive sampling technique.

**Table No 1 Association between the post-test levels of expressed practices selected demographic variables among the experimental and control group.** N=200

DEMOGRAPHIC VARIABLES	SAMPLE (n)		LEVELS OFPRACTICE SCORES						χ <sup>2</sup> Value	
	E n=100	C n=100	Inadequate		Moderate		Adequate			
			E	C	E	C	E	C	E	C
Age in years									49.5* df-4 TV 9.5	22.7* df4 TV 9.5
31-40 years			22	15	20	30	12	23		
41-50 years			14	16	45	22	28	10		
51 & 60above			15	48	33	10	48	25		
61-70			49	21	02	38	12	42		
Gender										
Male	45	67	23	16	25	77	63	59	87.2* df(12) TV21.02	14.4 df(12) TV21.02
Female	55	33	77	84	75	23	37	41		
Type of family <sup>2</sup>										
Nuclear	63	33	21	26	28	14	56	45	22.4* df (10) TV18.3	10.9 df(10) TV18.3
Joint	37	67	79	74	72	86	44	55		
Occupation										
Agriculture	48	54	16	21	13	55	79	21	53.2* df (4) TV9.4 9	23.2* df(4) TV9.49
Business	30	25	26	15	15	15	16	26		
Self Employed	11	10	14	16	12	18	23	21		
Teacher	10	5	19	10	32	02	14	15		
Others	1	6	25	38	28	10	26	17		

DEMOGRAPHIC VARIABLES	SAMPLE (n)		LEVELS OF PRACTICE SCORES						$\chi^2$ Value	
	E n=100	C n=100	Inadequate		Moderate		Adequate			
			E	C	E	C	E	C	E	C
Family income										
Between 2000 to 4000	29	40	10	26	23	56	18	23	21.9* df-(10) TV18.3	14.5 df-(10) TV 18.3
4000 to 6000	31	16	12	19	14	12	19	10		
6001 to 8000	33	20	25	46	15	10	45	56		
8001 and above	07	24	53	9	48	22	18	11		
Information obtained about diabetes mellitus										
Family Members	29	20	21	225	50	21	36		34.6* df-10 TV18.3	16.6 Df-10 TV18.3
Neighbors	25	25	15	10	21	14	21			
Mass Media	20	25	48	5	15	12	15			
Health Education	16	30	16	6	14	53	28			
Type of Food Habits										
Vegetarian	61	53	49	59	63	57	51	37	0.7 df(2) TV 5.9	3.7 df 2TV 5.9
Non-Vegetarian	39	47	51	41	37	43	49	63		
Type of Diabetes Mellitus										
Insulin Dependent	39	39	21	25	36	39	45	59	28.7* df (10) TV18.3	11.7 df( b10) TV18.3
Non-Insulin Dependent	28	28	79	75	64	61	55	41		

\*Statistically Significant at  $p < 0.05$  level

Above Table shows that, association on levels of practices among the experimental group shows that there was no significant association found between post-test levels of expressed practices score of patients with type 2 DM and selected demographic variables in type of food habits whereas there was association found with age in years, gender, type of family, occupation, family income, information obtained about mellitus and type of diabetes mellitus. Association of control group significant association found among age in years and occupation, No association found among type of gender, type of family, family income, information obtained about diabetes mellitus and type of diabetes mellitus.

## RESULTS

Association on levels of practices among the experimental group shows that there was no significant association found between post-test levels of expressed practices score of patients with type 2 DM and selected demographic variables in type of food habits whereas there was association found with age in years, gender, type of family, occupation, family income, information obtained about mellitus and type of diabetes mellitus. Association of control group significant association found among age in years and occupation, No association found among type of gender, type of family, family income, information obtained about diabetes mellitus and type of diabetes mellitus.

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